



# JUNE 2016



MONDAY	TUESDAY	WEDNESDAY 1*	THURSDAY 2*	FRIDAY 3
Senior Meal Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change	Please call 896-8313, if you have any questions, need transportation to Meadowlark or need to cancel Home Delivered Meal	Baked Ziti w/Meat Sauce Italian Green Beans Caesar Salad W/Dressing Garlic Toast Chilled Fruit Cocktail	Oven Fried Chicken Breast Mashed Potato/Gravy Beet and Onion Salad Steamed Mixed Veggies WW Roll w/Margarine Chilled Peaches	RC Beef & Cheese Enchilada Spanish Rice Zucchini and Onions Shredded Lettuce/Tomato Fresh Orange
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Savory Chicken Breasts Steamed Brown Rice Steamed Carrots Mixed Green Salad w/Dressing Sweet Roll w/Margarine Chilled Apricots	Salisbury Steak w/Gravy Mashed Potatoes Mixed Veggies Mixed Green Salad w/Dressing WW Roll w/Margarine Chilled Peaches	Garlic Ginger Chicken Whipped Sweet Potatoes Steamed Mixed Veggies Garden Salad w/Dressing Fresh Pineapple Spear	Swiss Steak Scalloped Potatoes Steamed Green Peas Tossed Salad w/Dressing WW Roll w/Margarine Fresh Banana	Chicken Salad Sandwich Coleslaw Shredded Lettuce/Tomato Slice Cottage Cheese Chilled Fruit Cocktail Cookie
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Country Fried Steak w/Gravy Mashed Potatoes Steamed Broccoli Garden Salad W/Dressing Biscuit w/Margarine Fresh Apple Slices	Egg Salad Sandwich 3 Bean Salad Lettuce Leaf & Tomato Slice Fresh Banana Pudding	Meatloaf Mashed Potatoes & Gravy Steamed Cauliflower Garden Salad w/Dressing Biscuit w/Margarine Chilled Mandarin Oranges	Vegetarian Lasagna w/Spinach Italian Vegetables Caesar Salad W/Dressing Garlic Toast Chilled Peaches	Chicken Fajitas Spanish Rice Zucchini & Onions Shredded Lettuce/Tomato Fresh Melon Salsa
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Creole Pork Chop Roasted Red Potatoes Steamed Broccoli Spinach Salad w/Dressing WW Roll w/Margarine Chilled Applesauce	Turkey and Cheese Sandwich Lettuce/Tomato Slice Carrot/Raisin Salad Fresh Orange Cookie	Beef Goulash Brussels Sprouts Tossed Salad w/Dressing WW Roll w/Margarine Raisins	Chicken Strip w/HM Parslied Potatoes Green Beans Cucumber and Tomato Salad Chilled Fruit Cocktail	Lemon Pepper Tilapia Brown Rice Pilaf Italian Vegetables Coleslaw WW Roll w/ Margarine Fresh Banana
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY
Sloppy Joe w/Bun Potato Wedges Green Beans Garden Salad W/Dressing Fresh Apple Slices	Chicken Caesar Wrap w/Shredded Romaine Lettuce Macaroni Salad Fresh Grapes	Frito Pie Pinto Beans Zucchini & Onions Shredded Lettuce/Tomato Flour Tortilla Fresh Banana	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons Club Crackers Fresh Orange Pudding	Low-Fat Milk Served w/Each Meal Canned Fruit in Light Syrup WW = Whole Wheat GC = Green Chili RC = Red Chili HM = Honey Mustard
Final Approved				